ABSTRACT OF THE DISCLOSURE

The present invention seeks to improve data exchange in a communications system that is especially standardized according to IEEE 802.11a. For this purpose, when the transmission medium, preferably an IEEE 802.11 system with a distributed coordination function (DCF) is accessed in a decentralized manner, pilot signals are transmitted from the transmitter to the recipients using a number of transmission modes and then an allocation table regarding the transmission modes is calculated by the recipient on the basis of the pilot symbols received. The recipient transmits the allocation table to the transmitter so that the subsequent data exchange can proceed on the basis of the allocation table. In the case of centralized access, preferably an IEEE 802.11 system with a point coordination function (PCF), data exchange is improved in that the subsequent data are adaptively modulated already when the allocation table is transmitted.